MILWAUKEE COUNTY SENIOR DINING LUNCH



FOR CURBSIDE PICK-UP





Department on Aging					
MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
Egg Salad 3	Shaved Ham	4	Turkey BLT Salad 5	Chicken Salad 6	Roast Beef w/Mayo 7
7-Grain Bread	w/Mustard		Chopped Turkey, Bacon,	Wheat Bread	Whole Grain Bread
Broccoli	Kaiser Roll		Lettuce, Tomato, Ranch	Black Bean Salad	Creamy Coleslaw
Carrot Raisin Salad	Potato Salad		Split-Top Dinner Roll	✓ Orange Juice	♣Apple Cherry Juice
Fruit Cocktail	Asian Slaw		Pistachio Pudding Cake	Snickerdoodle Cookie	Rice Krispie Treat
Blueberry Muffin	Jello		Fresh Pear	Fruit	Banana
	Pineapple				
Sliced Turkey 10	Tuna Salad 1	1	Chef's Salad 12	Roast Beef Spread 13	Chopped Fajita Salad 14
w/Mayo	Multi-Grain Bread		Mixed Greens, Ham, Turkey, Cheese, Egg,	w/Mayo & Horseradish	Chicken, Lettuce, Olives, Green Peppers, Tomato,
Whole Grain Bun	3-Bean Salad		Tomato, Croutons, Ranch	Whole Wheat Roll	Ranch Dressing
Cucumber Salad	Baby Carrots		French Bread	Veggie Pasta Salad	Fruit Punch
Chips	Grapes		Fresh Fruit Cup	String Cheese	Cornbread
Peaches	Brownie		Granola Bar	Mandarin Oranges	Strawberry Yogurt
Fruited Yogurt				M & M Cookie	
Chicken Salad 17	Shaved Turkey w/Mayo 1	18	Roast Beef Salad 19	Egg Salad 20	Seafood Pasta Salad 21
Whole Grain Bread	Italian Bread		Roast Beef, Egg, Lettuce,	Oatmeal Bread	Garlic Breadstick
Kidney Bean Salad	Pea & Cheese Salad		Onion, Carrot, Dressing	Garden Salad/Dressing	Marinated Vegetables
Grape Tomatoes	Pickle Spear		Multi-Grain Bread	Pickled Beets	✓ Orange Juice
Cottage Cheese	Graham Crackers		Baker's Choice Cookie	Pretzels	Vanilla Pudding
Oatmeal Raisin Cookie	Fresh Pear		Fresh Apple	Cinnamon Applesauce	Fresh Fruit
Ham & Swiss 24	Turkey & Cheddar 2	25	Chicken Caesar Salad 26	Tuna Salad 27	Tuscan Tortellini Salad 28
w/Mayo	Submarine Sandwich		Chicken, Romaine, Tomato,	on Leaf Lettuce	Cheese Tortellini, Salami, Pepperoni, Spinach, Olives,
Italian Bread	Potato Salad		Croutons, Parmesan, Dressing	Tomato Slices, Cucumber	Mozzarella, Parmesan
Red Cabbage Slaw	Broccoli Slaw		Poppy Seed Dinner Roll	Croissant	Sesame Bread
Fresh Orange	Sliced Pears		Pineapple Tidbits	Sun Chips	Marinated Bean Salad
Lemon Meringue Pie	Peanut Butter Bar		Chocolate Pudding	Melon Wedge	Chocolate Chip Cookie
24					



RESERVATIONS REQUIRED

9:30 - 11:30 24-HOUR NOTICE

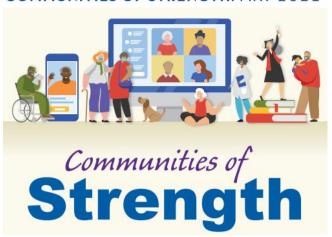




CALL SITE



COMMUNITIES OF STRENGTH: MAY 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

Start a gratitude journal

Share a happy moment with someone

· Say Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

· Leave a small gift on doorstep · Offer to help with chores · Share flowers or veggies from your garden



BUILD NEW SKILLS

Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

Take an online art class

Join an outdoor yoga lesson

· Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

Ask others to share their story
Initiate conversations that invite others to engage



Call to Submit Questions or Schedule a Consultation. (414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.







